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HAMMER SPORT AG

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FITNESS 2011/12



Errors and mistakes are non-binding / 10.11FA

UPGRADE YOUR LIFE



100 YEARS IN SPORTS

100 YEARS IN SPORTS

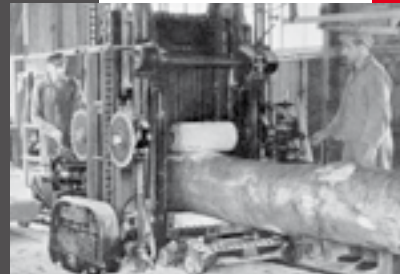
HAMMER has been deeply rooted in the manufacture, sales and distribution of sporting articles – from the beginning of the Heinrich Hammer company, which was founded in 1900 and became well-known in the 50's with its "erbacher" brand to the present company of HAMMER SPORT AG, a leading modern company in the leisure industry.

The product range now includes almost 600 different articles. HAMMER and FINNLO fitness equipment, MIKASA sports balls, HAMMER table soccer, HAMMER BOXING and FinnSpa wellness products offered in more than 50 countries worldwide.

The company's high quality standard is reflected in the constant stream of new innovations and continuous growth setting new benchmarks in product design. Numerous patents and utility models document HAMMER SPORT AG capabilities.

The development of products from the idea to finished prototype takes place in the company's central office in Neu-Ulm, South Germany. Other field offices overseas co-ordinate further product development and quality control management. Before a HAMMER SPORT product goes into full production, precise international quality tests in accordance with external tests institutions have to be carried out. This is to determine the product placement and 100% customer satisfaction. A well known brand name with premium quality, product longevity with a high „fun-factor“ usage are HAMMER SPORT AG main targets.

Visit us on www.hammer.de!



1900



1910



1920



1925



1945



1960



1975



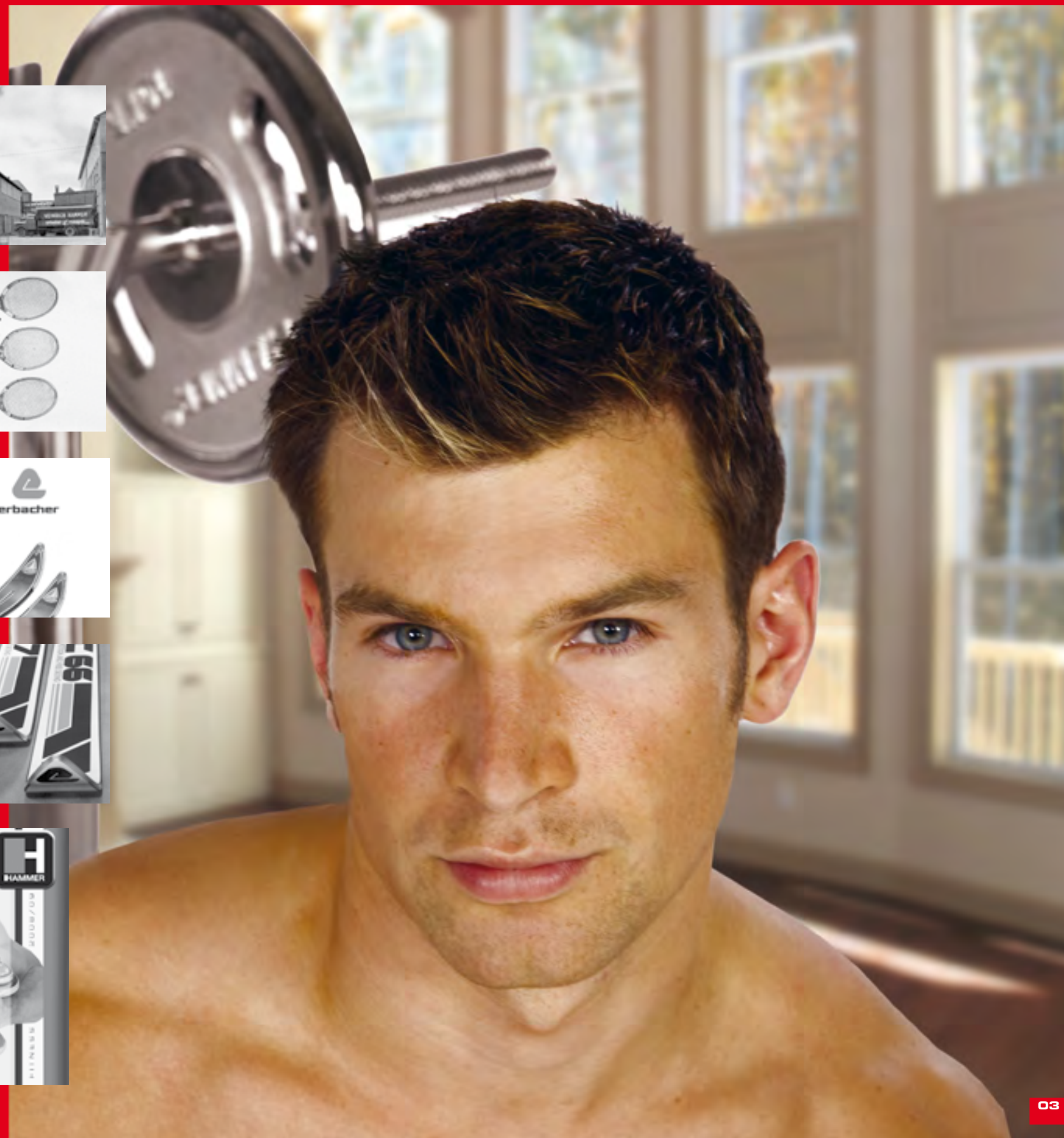
1982



1990

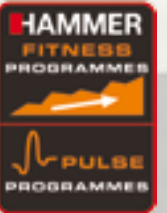


2008





CROSSTRAINER ERGOMETER



ERGOMETER VENTANO XTR

IT'S YOUR BEST CHOICE!

Item No.: 4184 VENTANO XTR

with 12 fitness and 4 pulse programs and convincing details as well as RPM-independent resistance control. Do you want a sporty compact, full-body crosstrainer with precise performance measurements? Then this model is your best choice.

Assembly size (L x W x H): 145 x 62 x 166 cm Max. User weight: 130 kg Weight: 45 kg Colour: white/anthracite

ERGOMETER CARDIO CE1

CROSSTRAINER-ERGOMETER – „STARTER-MODEL“

Item No.: 4195 CARDIO CE1

The perfect start into ergometer cross-training. Accuracy combined with varied fitness programs create a high-quality Cardio experience. Health oriented fitness training with the CARDIO CE1!

Assembly size (L x W x H): 145 x 62 x 166 cm Max. User weight: 130 kg Weight: 45 kg Colour: silver/anthracite



CROSSTRAINER-ERGOMETER



ERGOMETER CROSSTRAINER CAVERO XTR

EXTRA LARGE ELLIPTICAL MOTION AND A 18 KG FLYWHEEL MASS FOR A SENSATIONAL CROSSTRAINER FEELING LIKE WALKING ON CLOUDS!

Item No.: 4187 **CAVERO XTR**

12 fitness programs, individually programmable profiles and pulse programs guarantee a controlled ergometer and sporty cross training.

Assembly size (L x W x H): 150 x 60 x 164 cm Max. user weight: 130 kg Weight: 42 kg Colour: white/black/red



CROSS TRAINER



CROSSTRAINER **CROSSTECH XT**

VERY SOLID AND WELL DEVELOPED MAGNETIC BRAKING SYSTEM

Item No.: 4188 **CROSSTECH XT**

Very solid with a well developed magnetic braking system combined with modern housing design. This item is the reliable „Volkswagen“ among the HAMMER crosstrainers. Manual resistance adjustment in 8 levels, a 16 kg flywheel mass and the possibility to use pre-set computer values.

Assembly size (L x W x H): 113 x 64 x 166 cm Max. User weight: 130 kg Weight: 37 kg Colour: lava grey/white



ELLYPTECH 4000

COMPACT BUT STILL EFFECTIVE...

Item No.: 4182 **ELLYPTECH 4000**

Perfect for any fitness beginners. You will be excited about the features of this starter's model. Manual 8 level resistance, computer with a large LCD display, various pre-setting computer options as well as hand pulse measurement. With a smooth magnetic braking system.

Assembly size (L x W x H): 119 x 62 x 164 cm Max. User weight: 120 kg Weight: 36 kg Colour: silver/black/red

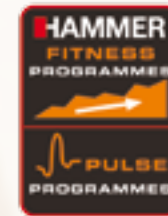
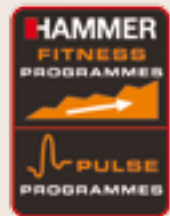
CROSSTRAINER + ERGOMETER



Item No.: / Description	4184 VENTANO XTR	4195 CARDIO CE1	4187 CAVERO XTR	4188 CROSSTECH XT	4182 ELLYPTECH 4000
COMPUTER					
Performance in watts	35-260 watts	35-260 watts	35-260 watts	-	-
Distance / Time / Speed / RPM / Calorie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrated receiver for chestbelt	<input type="checkbox"/>	-	<input type="checkbox"/>	-	-
Hand pulse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upper pulse limit adjustable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body fat	<input type="checkbox"/>	-	<input type="checkbox"/>	<input type="checkbox"/>	-
Recovery pulse with fitness test	<input type="checkbox"/>	-	<input type="checkbox"/>	<input type="checkbox"/>	-
Presetting data	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Load profiles/Fitness programs	12	12	12	-	-
LCD display	Blue Backlight	Standard	Blue Backlight	Standard	Standard
DRINK FIT	-	-	-	-	-
Pulse programs	4	4	4	-	-
Resistance	Computer controlled	Computer controlled	Computer controlled	manual	manual
USER	4+1	1	4+1	1	1
FEATURES					
Adjustable footplates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
Integrated transportrollers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High quality ball bearings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet
Drive system	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven
Gear transmission ratio	1:8	1:8	1:9	1:8	1:8
TECHNICAL DATA					
Flywheel mass	ca. 18 kg	ca. 18 kg	ca. 17 kg	ca. 16 kg	ca. 16 kg
Load control	RPM independent	RPM independent	RPM independent	RPM dependent	RPM dependent
Load range	-	-	-	8 Steps	8 Steps
Power supply	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	Battery	Battery
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-
Max. user weight	130 kg	130 kg	130 kg	130 kg	120 kg
Assembly Size in cm (L x W x H)	145 x 62 x 166	145 x 62 x 166	150 x 60 x 164	113 x 64 x 166	119x 62 x 164
Colour	white/anthracite	silver/anthracite	white/black/red	lava grey/white	silver/black/red

* Represents DIN EN 957 – 1/9

ERGOMETER



ERGOMETER SEVENO XTR

MODERN DESIGN AND PRECISE TECHNOLOGY

Item No.: 4835 SEVENO XTR

Equipped with a blue-back-light computer with touchpanel. 12 sportive fitness programs, 4 pulse programs and the RPM independent resistance control ensure an effective ergometer training.

Assembly size (L x W x H): 116 x 56 x 142 cm Max. user weight: 130 kg Weight: 33 kg Colour: white/anthracite

ERGOMETER CARDIO E1

THE ERGOMETER -"STARTER"- MODEL

Item No.: 4839 CARDIO E1

The perfect start in ergometer training. Total accuracy connected with various fitness programs create a high quality cardio experience. Health-orientated fitness training with Cardio E1!

Assembly size (L x W x H): 115 x 55 x 135 cm Max. body weight: 130 kg Weight: 32 kg Colour: silver/anthracite

ERGOMETER



HOMETRAINER



ERGOMETER **CARDIO LIFE XTR**

INTENSIVE CARDIOTRAINING UP TO 350 WATT

Item No.: 4843 **CARDIO LIFE XTR**

Precise HA class ergometer with pre-set mountain and valley profiles. 4 pulse programs for varied cardio training at home. Adjustable up to 350 watt! Including individual settings for perfect ergonomics.

Assembly size (L x W x H): 105 x 57 x 131 cm Max. body weight 120 kg Weight: 28 kg Colour: white/silver/anthracite

HOMETRAINER **CARDIO X1**

COMPACT AND VARIABLE!

Item No.: 4841 **CARDIO X1**

Perfect for beginners, who want to start with endurance training at home. 11 different fitness programs provide variable cardio workout possibilities.

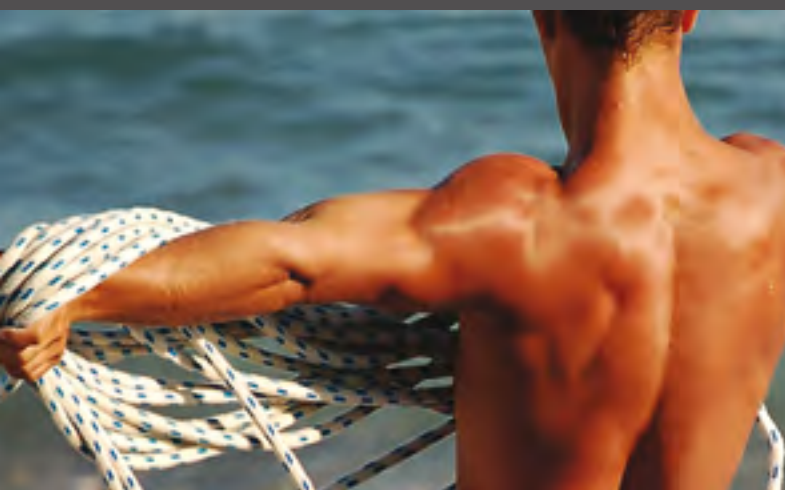
Assembly size (L x W x H): 86 x 48 x 135 cm Max. user weight: 130 kg Weight: 22 kg Colour: silver/anthracite



Item No. / Description	4835 SEVENO XTR	4839 CARDIO E1	4843 CARDIO LIFE XTR	4841 CARDIO X1
COMPUTER				
Performance in watts	35 - 260 watts	35 - 260 watts	35 - 350 watts	-
Distance / Time / Speed / RPM / Calorie consumption	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrated Receiver for Chestbelt	<input type="checkbox"/>	-	-	-
Handpulse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upper pulse limit adjustable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body fat	<input type="checkbox"/>	<input type="checkbox"/>	-	-
Recovery pulse with fitness test	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Presetting parameters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Load profiles/fitness programs	12	12	12	11
LCD-Display	Blue Backlight	Standard	Standard	Standard
DRINK FIT	-	-	-	-
Pulse programs	4	4	4	4
Resistance	computer controlled	computer controlled	computer controlled	computer controlled
USER	4+1	1	4	1
FEATURES				
Adjustable handlebar/Saddle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Horizontal saddle adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportrollers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Free wheeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low entrance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
High quality ball bearings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Permanent magnet	Permanent magnet	Permanent magnet	Permanent magnet
Drive system	Belt driven	Belt driven	Belt driven	Belt driven
Gear transmission ratio	1:8	1:8	1:8	1:8
TECHNICAL DATA				
Flywheel mass	ca. 8 kg	ca. 8 kg	ca. 7 kg	ca. 5 kg
Load control	RPM independent	RPM independent	RPM independent	RPM dependent
Load range	-	-	-	8 steps
Power supply	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
Max. user weight	130 kg	130 kg	120 kg	130 kg
Assembly size (L x W x H)	116 x 56 x 142	115 x 55 x 135	105 x 57 x 131	86 x 48 x 135
Colour	silver/white/anthracite	silver/anthracite	white/silver/anthracite	silver/anthracite

* Represents DIN EN 957 - 1 / 5

ROWER COBRA



Item No.: 4536 COBRA

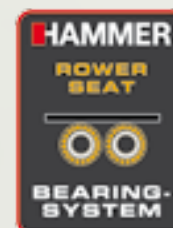
Efficient rowing requires correct layout of the rowing arms, this fact simulates the rowing in water as realistic as possible. ROWER COBRA fulfills these needs and offers in addition professional details: Aluminium frame, a 3-position height adjustable aluminium-rail for even more intensive exercising, on-board computer for easy reading of the training data and a safe pulse measurement during the whole rowing exercise.

Features:

- 12 resistance levels directly adjustable at the cylinders
- Movable foot plates, adjustable for different lengths, foot straps
- High quality ball bearings for smooth gliding
- Foldable space saving design
- Computer display (3 sections) of time, strokes, distance, calorie consumption, pulse, frequency/min.
- Individual user settings: upper pulse limit, training distance, calorie consumption and rowing strokes.
- Computer with Auto-ON/OFF-Function
- Earpulse

Assembly size: 150 cm x 166 cm x 50 cm
Folded size: 125 cm x 57 cm x 44 cm
Max. User weight: 130 kg
Weight: 21 kg
Colour: silver

ROWING



Including:
3-incline positions for more effective rowing sequences

ROWER COBRA XTR

FITNESS PROGRAMS FOR MORE FUN
AND EFFICIENCY PLUS MANY MORE
PROFESSIONAL DETAILS

Item No.: 4539 **COBRA XTR**

Well proved magnetic brake system for very smooth strokes and realistic rowing sequences. Computer with big display and automatic resistance control. Fitness programs, receiver for chest belt (not included). Aluminium rail with ergo-seat and high quality ball bearings.



ROWER COBRA XT

POWER-ROWING WITH MANUAL SYSTEM!

Item No.: 4538 **COBRA XT**

Features like Cobra XTR but with manual 10 level resistance.

Assembly size (L x W x H): 235 x 55 x 60 cm
Folded size (L x W x H): 82 x 65 x 156 cm
Max. user weight: 120 kg
Weight: 37 kg
Colour: anthracite/white



ROWING



COBRA XTR
Item No.: 4539



COBRA XT
Item No.: 4538



Comfortable seat with roller bearings



Foldable

TREADMILL

LIFE RUNNER LR12

Simply unfold and start training! Life Runner LR12 is almost 90% pre-assembled! Cardio training, that is really making fun!

Item No.: 4324 LIFE RUNNER LR12

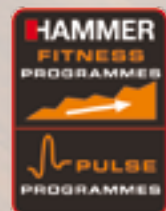
Features:

- Speed range 0,8-12 km/h
- 7 speed programs
- Computer display of time, distance covered, speed, calories and pulse
- Speed buttons on handlebar
- Handpulse sensors
- 2 drink holders
- Anti-shock SUPER-SOFT running surface for joint friendly training
- Foldable, space saving design
- 90% pre-assembled
- 125 x 42 cm running area

Assembly size (L x W x H): 168 x 71 x 120 cm
 Folded size (L x W x H): 70 x 71 x 148 cm
 Max. load 110 kg
 Weight: 47 kg
 Colour: silver/black



Foldable



TREADMILLS

TREADMILL

LIFE RUNNER LR 16

6 speed programmes and up to 16 km/h make the Life Runner LR16 your best cardio friend. 90% pre-assembled!

Item No.: 4325 LIFE RUNNER LR16

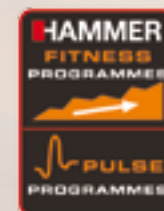
Features:

- Speed range 0,8-16 km/h
- 7 speed programs
- Computer display of time, distance covered, speed, calories and pulse
- Speed buttons on handlebar
- Handpulse sensors
- 2 drink holders
- Anti-shock „SUPER-SOFT“ running surface for joint friendly training
- Foldable, space saving design
- 90% pre-assembled
- 125 x 42 cm running area

Assembly size (L x W x H): 168 x 71 x 120 cm
 Folded size (L x W x H): 70 x 71 x 148 cm
 Max. load: 110 kg
 Weight: 48 kg
 Colour: silver/black



Foldable



TREADMILL

LIFE RUNNER LR18i

The Top-Modell from the Life Runner-Series with a 135 x 45 cm professional running area and user-friendly quick buttons.

Item No.: 4327 LIFE RUNNER LR18i

Features:

- Speed range 1-18 km/h
- 135 x 45 cm running area
- 8 x quick speed buttons (2, 4, 6, 8, 10, 12, 14 and 16 km/h)
- 8 x quick buttons for the incline adjustment (1, 3, 5, 7, 9, 11, 13 and 15 levels)
- High quality blue backlight LCD display
- Computer display of time, distance covered, speed, calories and pulse
- Speed and incline buttons on handlebar
- Anti-shock SUPER-SOFT running surface for joint friendly training
- Handpulse sensors
- 2 drink holders
- Foldable, space saving design
- Transportable without tipping - 4 roller system

Assembly size (L x W x H): 181 x 72,6 x 134 cm
 Folded size (L x W x H): 113 x 72,6 x 156 cm
 Max. load: 130 kg
 Weight: 75 kg
 Colour: anthracite/black



TREADMILLS

TREADMILL

WALKRUNNER CSR

Walkrunner CSR - Your personal fitness trainer! Fitness programs and a SUPER-SOFT shock absorbing running surface will give you the best running feeling ever!

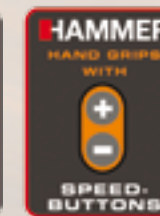
Item No.: 4317

WALKRUNNER CSR

Features:

- 6 speed programs
- Speed range: 1,0 -12 km/h
- LCD-Display with blue backlight
- Motor continuous power: 1,5 HP
- 3 manual incline positions
- 120 x 40 cm running area
- Anti-shock SUPER-SOFT running surface for joint friendly training
- Computer display of time, distance, speed, calories and pulse
- Handpulse sensors
- Speed buttons on handlebar
- Foldable, space saving design

Assembly size: 164 x 67 x 126 cm
 Folded size: 70 x 67 x 151 cm
 Max. user weight: 120 kg
 Weight: 59 kg
 Colour: anthracite/black



Foldable

TREADMILL WALKRUNNER RPE



TREADMILLS

ALL WEATHER RUNNING

**Cardio training at its best!
Burning lots of calories and
enjoying sports at home.**

**Walkrunner RPE is perfect
for walking, jogging and
professional running.
Your best personal training
device!**

Item No.: 4319 **WALKRUNNER RPE**

Features:

- High-Tech training computer with motor control
- SUPER-SOFT shock resistant running surface for joint friendly training
- 9 programs (1x manual, 5x speed programs, 3x self-definable programs)
- Speed range: 1,0-16 km/h
- 6 x quick speed buttons (2, 4, 6, 8, 10 and 12 km/h)
- 8x8 LED dot matrix
- Motor continuous power: 0,93 KW/1,25 HP
- Motor max. power: 1,85 KW/2,5 HP
- 2 manual incline positions (2%, 4%)
- Running surface: 125 x 42 cm
- 2 x 1 kg neoprene walking dumbbells
- Hand pulse measurement
- Display of time, speed, distance, calorie consumption
- Foldable space saving design

Assembly size (L x W x H): 164 x 70 x 133 cm

Folded size (L x W x H): 90 x 70 x 148 cm

Max. user weight: 120 kg

Weight: 63 kg

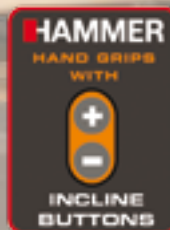
Colour: havanna/black



Foldable



TREADMILL WALKRUNNER RPX



Foldable

TREADMILLS

WALKRUNNER RPX

The top model of the **HAMMER WALKRUNNER-series** with many high-end features:

- Max. speed 18 km/h
- 140 x 42 cm running area
- 24 Programs

Item No.: 4320 **WALKRUNNER RPX**

Features:

- High-Tech training computer with motor control
- SUPER-SOFT shock resistant running surface for joint friendly training
- 24 running programs
- 5 x quick speed buttons (2, 5, 8, 11 and 14 km/h)
- Automatic incline: 3-15%
- 5 x quick incline buttons (3, 6, 9, 12 and 15 %)
- 8 x 16 LED Dot-Matrix
- Motor continuous power: 1,30 KW/1,75 PS
- Motor maximum power: 2,2 KW/3,0 PS
- Speed range: 1,0 -18 km/h
- Running area: 140 x 42 cm
- 2 x 1 kg neoprene walking dumbbells
- Hand pulse
- Display of time, speed, distance, calorie consumption
- Foldable, space saving design

Assembly size (L x W x H): 182 x 86 x 128 cm

Folded size (L x W x H): 113 x 86 x 160 cm

Max. user weight: 120 kg

Weight: 74,5 kg

Colour: silver/black





Item No. / Description	4324 LIFERUNNER LR12	4325 LIFERUNNER LR16	4327 LIFERUNNER LR18i	4317 WALKRUNNER CSR	4319 WALKRUNNER RPE	4320 WALKRUNNER RPX
	Max. speed	12 km/h	16 km/h	18 km/h	12 km/h	16 km/h 18 km/h
COMPUTER	Incline	2x (2%, 4%)	2x (2%, 4%)	1 - 12%	3 x	2 x (2%, 4%)
	Distance/Time/Speed/RPM/Calorie consumption	□	□	□	□	□
	Display of Pulse/incline	□/-	□/-	□/□	□/-	□/□
	Training programs	7	7	18	6	9
	Display	LCD display	LCD display	Blue Backlight	LCD display	LED display
FEATURES	Hand pulse	□	□	□	□	□
	Quick button for speed	□	□	□	-	□
	Quick button for incline	-	-	□	-	□
	Adjustable incline	Manual	Manual	Automatic	Manual	Automatic
	Adjustable button on hand grip	-	-	□	□	□
	SUPER SOFT running area	□	□	□	□	□
	Integrated transport rollers	□	□	4 rollers system	□	□
	Max. motor power	1.75 HP	2.0 HP	3.0 HP	2.5 HP	3.0 HP
	Continuous output	1.0 HP	1.15 HP	1.75 HP	1.5 HP	1.75 HP
TECHNICAL DATA	Power supply	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz
	Max. body weight	110 kg	110 kg	130 kg	120 kg	120 kg
	Product weight	52 kg	52 kg	75 kg	59 kg	74,5 kg
	Assembly size in cm (L x B x H)	158 x 71 x 120	168 x 71 x 120	181 x 73 x 134	164 x 67 x 126	164 x 70 x 133
	Folded size in cm (L x B x H)	70 x 71 x 138	70 x 71 x 148	113 x 73 x 156	70 x 67 x 151	90 x 70 x 148
	Running area in cm (L x B)	125 x 42	125 x 42	135 x 45	120 x 40	125 x 42
	Colour	anthracite/black	anthracite/black	anthracite/black	anthracite/black	anthracite/black



100 YEARS IN SPORTS

ABDOMINAL TRAINING

AB ROLLER

for sensational abdominals and a sexy waist

Item No.: 6631

Features:

- Handlebars with comfort foam
- Head-/Neck support
- Arm rest
- Foldable



Assembly size:
71 x 73 x 71 cm
Weight: 3 kg
Colour: black/red

AB SENSATION

...including mat, computer and Power Weights

Item No.: 6632

Features:

- Handlebars with comfort foam
- Head-/Neck support plus arm rest
- Training computer (time, repetitions, calorie consumption, display change)
- Blue training mat: 174 x 61 x 0.5 cm
- 2 x 300 g weights for additional resistance
- Foldable

Assembly size.: 71 x 73 x 71 cm
Weight: 5 kg
Colour: black/blue



INCLUDING
2 x 300 g Power Weights
for more intensive workouts

BENCH BERMUDA

UNIVERSAL BENCH FOR PERFECT WEIGHT TRAINING INCLUDING A WEIGHT SET OF 25 KG (BARS AND WEIGHTS)!

Item No.: 45042 BERMUDA

Features:

- Universal bench with 4x adjustable backrest positions for flat and incline bench training
- Foldable space saving design
- High-quality comfort cushion
- Solid steel tube construction 38 x 38 mm, with scratch resistant powder coating
- Incl. safety clamps for the weight plates
- Incl. 25 kg weight plates

Max. load:

- Flat and incline bench: 130 kg (incl. body weight + weights)
- Leg curl up to 40 kg
- Butterfly up to 30 kg per arm
- Spotter catches up to 55 kg

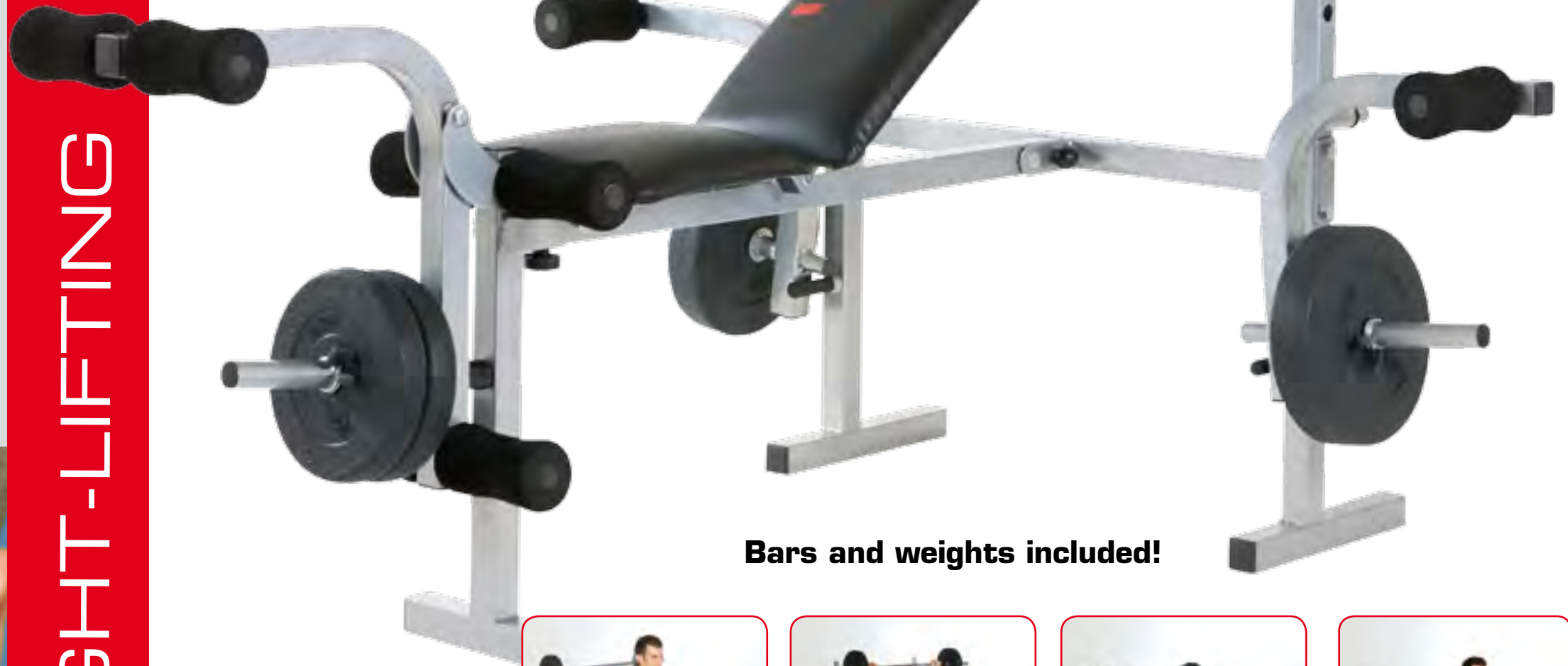
Weight set:

- Plastic-coated weight plates (4 x 5 kg and 2 x 2.5 kg)
- 1 x Barbell: 120 cm, Ø 30 mm
- 2 x Dumbbell bar: 30 cm, Ø 30 mm

Assembly size (L x W x H): 125 x 146 x 121 cm
Folded size (L x W x H): 72 x 146 x 176 cm
Weight: 51 kg
Colour: silver/black



Foldable



Bars and weights included!



Leg curl



Benchpress

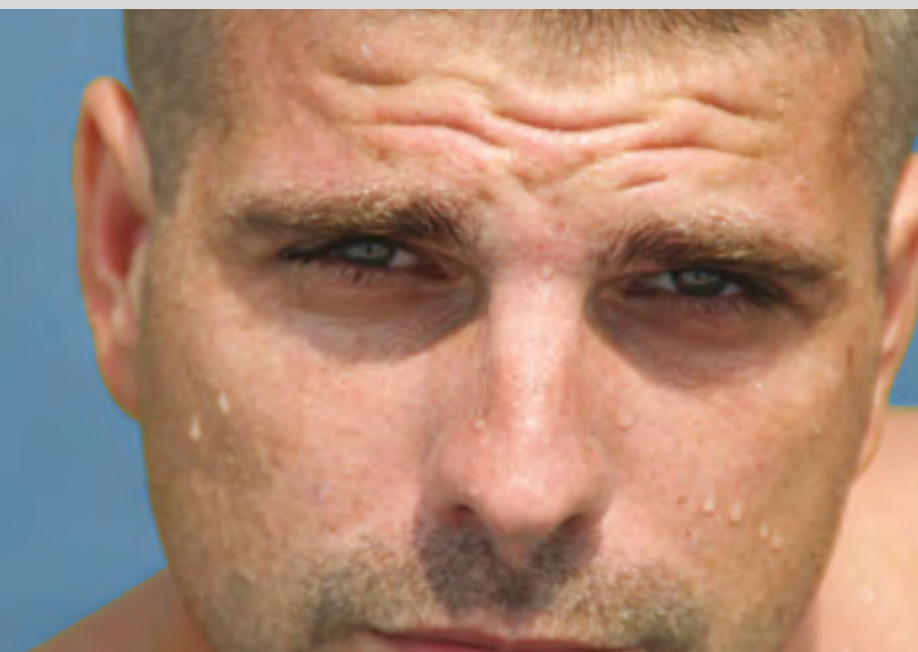


Butterfly



Rowing/Armcurl

WEIGHT-LIFTING



BENCH BERMUDA XT

Item No.: 4507 BERMUDA XT

Features:

- Universal bench with 4x adjustable backrest positions for flat and incline bench training
- Multiply adjustable spotter catches (96 - 120 cm)
- Foldable space saving design
- Butterfly adjustable for different arm lengths
- High-quality comfort cushion (45 mm)
- Solid steel construction 50 x 50 mm, silver, with scratch resistant powder coating
- Incl. safety clamps for weight plates (weight plates are not included)

Max. load:

Flat and incline bench: 150 kg (incl. body weight + weights), leg curl up to 50 kg, Butterfly up to 30 kg per arm, spotter catches up to 100 kg

Assembly size (L x W x H): 230 x 135 x 134 cm

Weight: 27 kg

Colour: silver/black/red



Item No. 4507

Bars and weight plates **not included!**

**Additional weight set item no. 4610
34 KG WEIGHT SET**



Lat pull



Bench Press



Biceps Curl

BENCH BERMUDA XT PRO

Item No.: 4508 BERMUDA XT PRO

Features:

Same features like item no. 4507 BERMUDA XT plus

- **Curl-pult** for comfort curl training
- **Curl bar** for intensive and controlled arm workout
- **Latissimus-module** for pull and rowing exercises

Max. load:

- Latissimus module: 80 kg
- Curl-pult: 60 kg
- Flat-/incline bench: 150 kg (body weight + weights)
- Leg curl: 50 kg, butterfly each side: 30 kg
- Spotter catches: up to 100 kg

Assembly size (L x W x H): 230 x 135 x 200 cm

Weight: 41 kg

Colour: silver/black/red



Shoulder press



Leg curl

Bars and weight plates **not included!**



Item No. 4508

PROFI SYSTEM SOLID XP

PROFESSIONAL FREE WEIGHT SYSTEM WITH UNLIMITED EXERCISES!

Item No.: 4513 **SOLID XP**

Features:

- Professional bench with adjustable ergonomic backrest for flat and incline/decline bench training
- Multiple adjustable spotter catches for safe training
- Arm curl for comfortable arm curling
- Curl bar for intensive arm workouts
- Latissimus bar with two hooks for easy balance
- Heavy duty triceps rope
- Storage positions for latissimus bar, triceps rope, and weight plates (weights and barbell not included).
- High-quality comfort cushion (50 mm)
- Solid steel construction 50 x 50 mm with scratch resistant powder coating
- Incl. safety clamps for weight plates

Exercises:

- Butterfly
- Benchpress
- Latissimus-pull
- Leg-Curl
- Squats
- Arm-Curl
- Rowing
- Triceps-pull
- Shoulder press and many more

Max. load:

- Incline/flat bench: 180 kg (body weight + training weights)
- Leg/arm curl up to 40 kg
- Latissimus pull up to 60 kg
- Spotter catches up to 120 kg

Assembly size (L x W x H):
Bench: 215 x 73 x 100 cm
Multipress: 143 x 158 x 216 cm
Multipress + bench:
240 x 158 x 216 cm
Weight: 88 kg
Colour: anthracite/black

Bars and weight plates
not included



Arm curl



Lat pull



Squats



Cross cable



Leg curl



Triceps pull



Item No. 4513



Rowing

WEIGHT-LIFTING

MULTIGYM

CALIFORNIA XP

THE CLASSIC HAMMER HOME GYM WITH RESISTANCE UP TO 120 KG

Item No.: 9060 CALIFORNIA XP

Features:

- Maximum resistance up to 120 kg
- Bench press, butterfly up to 100 kg
- 60 kg cement weight plates (4 x 10 kg , 4 x 5 kg)
- Premium back cushion (50 mm) with lordose support
- 50 x 50 mm steel tube construction with scratch-resistant powder coating
- High quality comfort curl-pult (40 x 25 cm)
- Curl-pult height adjustable with 6 positions
- Metal foot plate for standing curl exercises
- Latissimus and triceps bar
- Chromed guiding rails for smooth running

Exercises:

- Butterfly
- Bench press
- Latissimus-pull
- Leg-Curl
- Arm-Curl
- Rowing and many more

Assembly size (L x W x H): 189 x 111 x 201 cm

Weight: 111 kg

Max. body weight: 120 kg

Colour: silver/black



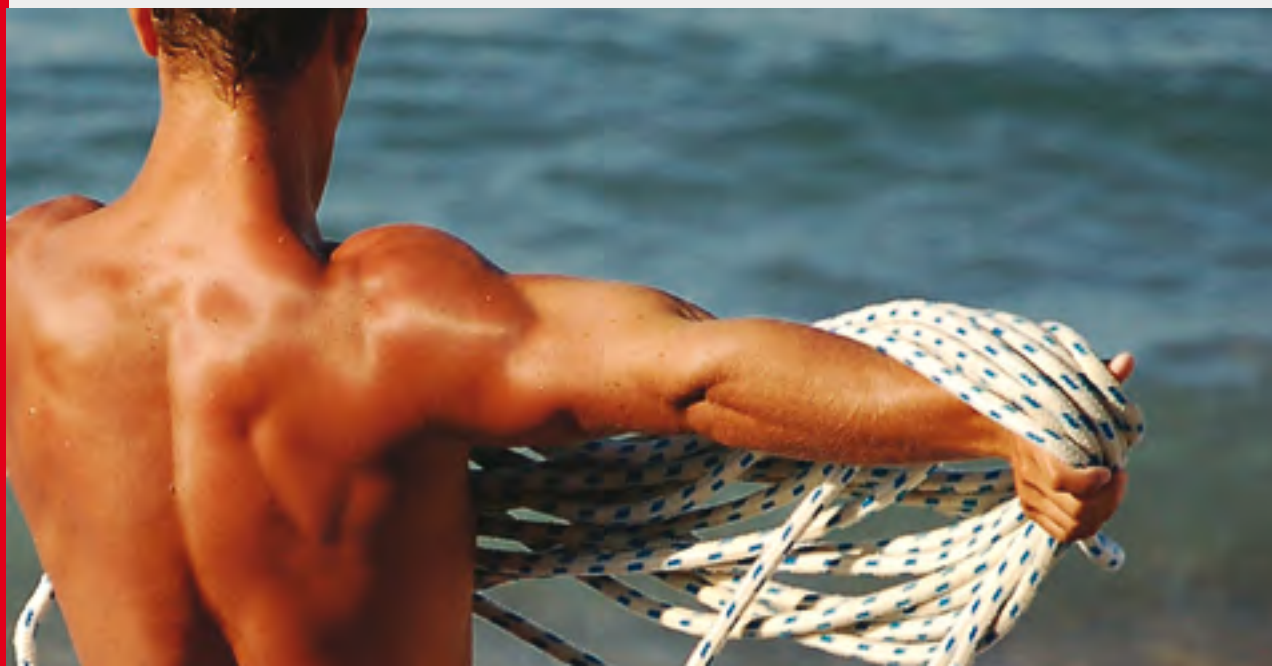
Leg curl



Arm curl



Benchpress / Butterfly



HOME GYMS

QUEST-SERIES

Basic features (for all models):

- 60 kg weight plates for a maximum traction weight up to 90 kg
- Separate butterfly and bench press unit
- Bench press can be folded backwards for more effective latissimus pull and butterfly exercises
- Many different exercises
- Separate head cushion for ergonomic sitting position
- Separate butterfly and bench press unit
- Latissimus bar
- Including Work-out chart for main exercises
- Textile weight guards for noise absorbing of the weights
- Steel tube construction with scratch resistant powder coating
- Metal foot plates for standing curl exercises
- Max. body weight: 120 kg
- Colour: anthrazite/black

Item No.: 9023 - QUEST 6.0

Item No.: 9024 - QUEST 6.1

Item No.: 9025 - QUEST 6.2

Item No.: 9026 - QUEST 6.3



Benchpress



Butterfly



Latissimus pull



Stepper



Leg raise



Dips



Leg press

MULTI GYMS



QUEST 6.3

Item No.: 9026

Basic features plus

Curly-pult:

- 50 mm comfort cushion
- Height adjustable

Leg press:

- Extra big metal foot plate
- Ergonomic exercising

Cardio stepper:

- Resistance adjustable
- Independent cylinder suspension

Leg raise:

- Comfort backrest and arm cushions
- Hand grips

Assembly size:

Stepper assembled on the backside: 330 x 110 x 189 cm

Stepper assembled on the side: 260 x 145 x 189 cm

MULTI GYM QUEST SERIES

It is your complete fitness studio that requires a space of only 4m²! It does not matter what kind of training targets you might have - the **QUEST** series offers customized training routines, just for you.



Exercises:

- Latissimus pull
- Bench press
- Arm curl
- Rowing
- Cable cross
- Triceps press/pull
- Leg curl
- Leg press (only for item no.: 9024/9026)
- Leg raise (only for item no.: 9025/9026)
- Dips (only for item no.: 9025/9026)
- Stepper (only for item no.: 9025/9026)

MULTI GYMS



QUEST 6.0

Item No.: 9023

Basic features plus

Curl-pult:

- 50 mm comfort cushion
- Height adjustable

Assembly size (L x W x H):

205 x 110 x 189 cm

Weight: 110 kg

Colour: anthracite/black



QUEST 6.1

Item No.: 9024

Basic features plus

Curl-pult:

- 50 mm comfort cushion
- Height adjustable

Leg press:

- Extra big metal foot plate
- Ergonomic exercising

Assembly size (L x W x H):

260 x 110 x 189 cm

Weight: 114 kg

Colour: anthracite/black

QUEST 6.2

Item No.: 9025

Basic features plus

Curl-pult:

- 50 mm comfort cushion
- Height adjustable

Cardio stepper:

- Resistance adjustable
- Independent cylinder suspension

Leg raise:

- Comfort backrest and arm cushions
- Hand grips

Assembly size (L x W x H):

Stepper assembled (backside):

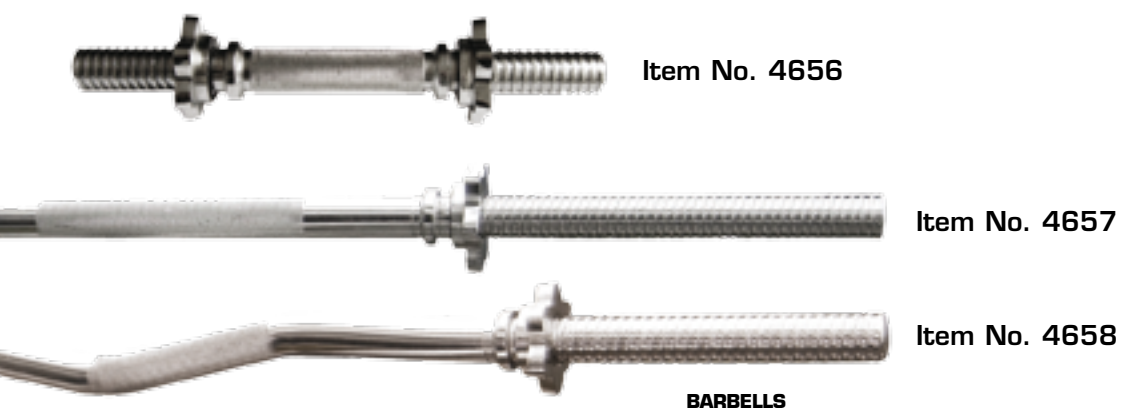
280 x 110 x 189 cm

Stepper assembled (side):

210 x 145 x 189 cm

Colour: anthracite/black

BARBELLS / WEIGHTS



BARBELLS



Item No. 4672 - 4674



WEIGHTS WITH GRIP SLOTS in chrome and black

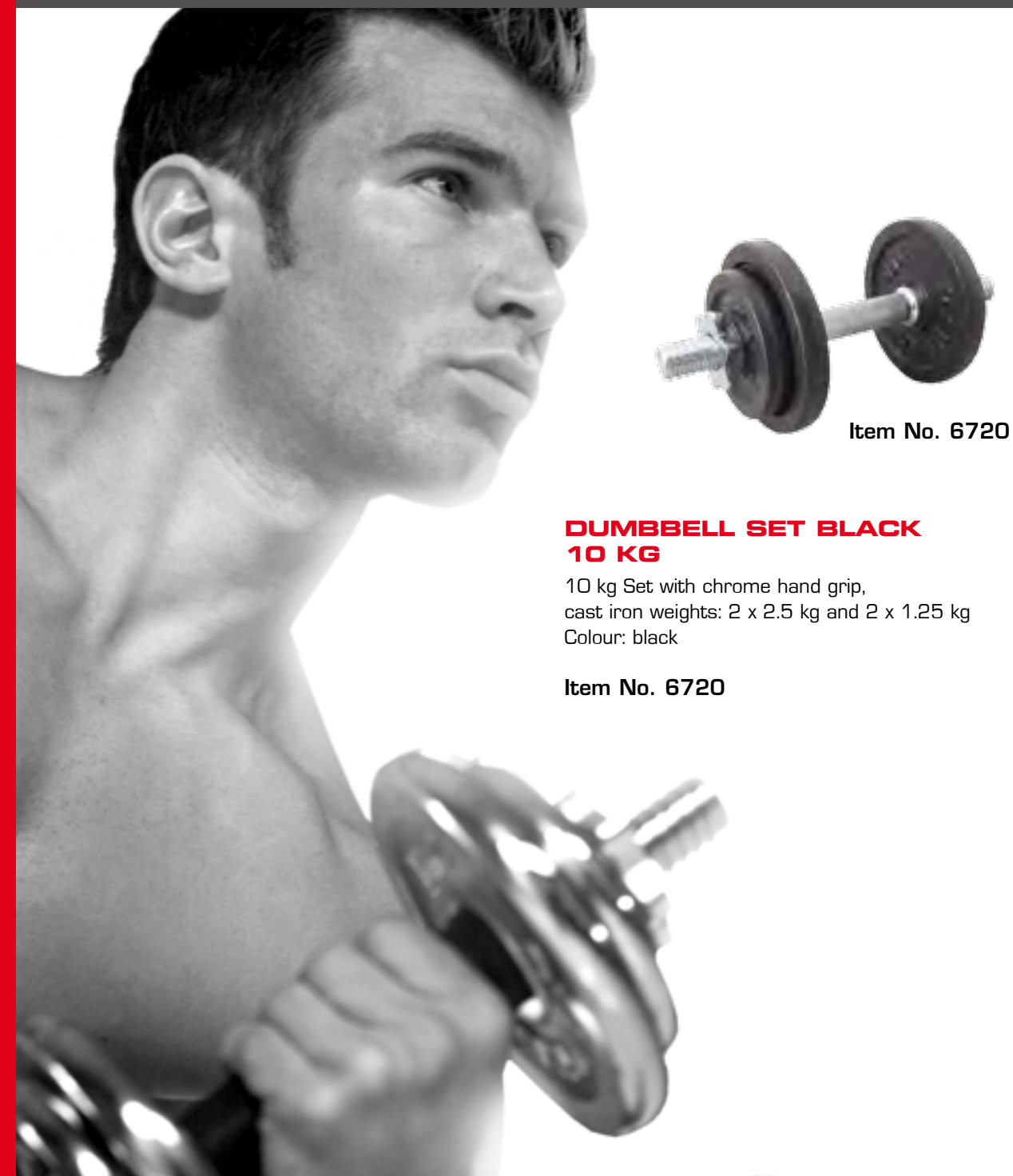


Item No. 4652 - 4654

Item No. / Description Colour Description	4650, 52-55 WEIGHT PLATES	4670, 72-74 WEIGHT PLATES	4664, 4665 WEIGHT PLATES
	black	chrome	black
	a) 2 x 0.5 kg + 2 x 1.25 kg b) 2 x 2.5 kg c) 2 x 5 kg d) 2 x 10 kg e) 2 x 20 kg	a) 2 x 0.5 kg + 2 x 1.25 kg b) 2 x 2.5 kg c) 2 x 5 kg d) 2 x 10 kg	a) 2 x 0.5 kg b) 2 x 1.25 kg
	"THE ORIGINAL WITH GRIP SLOTS"	"THE ORIGINAL WITH GRIP SLOTS"	a) 4664 b) 4665
	a) 4650 b) 4652 c) 4653 d) 4654 e) 4655	a) 4670 b) 4672 c) 4673 d) 4674	

Item No. / Description Colour Description	4656-58 BARBELLS	6720/6750 DUMBBELLS
	chrome	black/chrome
	a) 2 x 35 cm, Ø 30 mm b) 1 x 160 cm, Ø 30 mm c) 1 x 120 cm, Ø 30 mm	a) 10 kg Set with black weights and chrome bar b) 10 kg Set made from chrome material
	a) 2 x Dumbbell b) 1 x Barbell c) 1 x SZ-Curl bar	Weights: 2 x 2.5 kg and 2 x 1.25 kg
	a) 4656 b) 4657 c) 4658	a) 6720 b) 6750

BARBELLS / WEIGHTS



Item No. 6720

DUMBBELL SET BLACK 10 KG

10 kg Set with chrome hand grip, cast iron weights: 2 x 2.5 kg and 2 x 1.25 kg
Colour: black

Item No. 6720



DUMBBELL SET CHROME 10 KG

10 kg Set with chrome weights and hand grip, cast iron weights: 2 x 2.5 kg and 2 x 1.25 kg
Colour: chrome

Item No. 6750

Item No. 6750